



# Florence County Health Department

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## NEWS RELEASE

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### **September is Food Safety Education Month and the Start of Football Season**

Florence, WI- The U.S. food supply is one of the safest in the world, but organisms very small that you can't see or taste such as bacteria, viruses, and tiny parasites are everywhere in the environment. According to the Centers for Disease Control and Prevention (CDC), the United States still experiences 3,000 deaths annually which can be traced to foodborne pathogens.

September is not only Food Safety Education Month but also the start of football season! This month take an active role in preventing foodborne illness when you and your family gather for the games. Follow these food safety tips to avoid food poisoning:

1. **Keep it Clean.** Wash hands with soap and water for 20 seconds, wash cutting boards and utensils after preparing each food item and wash produce under running water.
2. **Avoid mix-ups.** Separate raw meats from produce and ready-to-eat food items when preparing, serving and storing.
3. **Cook it well.** Cook food to the right temperatures to kill harmful germs. Use a food thermometer to check meat, eggs and microwaved dishes. Keep hot foods hot (140F or warmer) and cold foods cold (41F or colder).
4. **Keep it safe.** Serve food at the right temperature, including left overs. Store left overs for less than 4 days or freeze if you are not eating it soon. Throw out perishable foods that have been sitting at room temperature for more than two hours.

For more information, visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety). Florence County Health Department can be reached at 715-528-4837, located in the Courthouse at 501 Lake Avenue or visit our website at <https://florencewipublichealth.com/>.

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